

# Clifton Community News #15

Friday 23rd June 2023

## Year 5/6 Sports Day

On the last day before half term, Year 5/6 enjoyed a full day of sports events at Perivale Athletics Track! It was a wonderful opportunity for the children to experience taking part in sports on a real track and field events in the sand pits!

Split into x6 teams the children competed in the following events:

- 80m sprint
- 600m race
- Long Jump
- Javelin
- Shot Putt

The 600m was by far the most impressive event. Nearly all of the children chose to take on this challenge and regardless of their finishing place, were able to complete the race. They should all feel really proud of themselves.

It was so brilliant to see children who have never thought about competing in sports competitions get the opportunity to win medals in some of the field events!

After half term we gave medals to children who came 1st, 2nd or 3rd in each event and for the overall team places. Some children won an impressive x3 medals.

We were also lucky to have a group of x12 pupil Sports Leaders from Featherstone High School who helped run, time and score all of the events. They were brilliant and it was fab to see some of our old pupils in the group too!

Huge thank you to all of the staff who supported on the day and to the parents and family members who supported from the track, field and stands!

We are really looking forward to running this event again next year AND hope to host Year 3/4 Sports Day there too!



## Spectacular Summer Events

As we approach the final half term of the academic year, we want to share with you the events that will be taking place in school so nothing is missed!

**Unfortunately, our Sports Days as we'd planned them for Y3/4 and Y1/2 has been cancelled. We hope to arrange individual year group events in our playground before the end of term and will let you know the information.**

**Friday 30th June** - Move Up Day! On this day your child will spend some time with their new teacher for September! Year 6 children who are attending Ealing Secondary Schools will also visit their new school's on this day! The High School should have contacted you about this already.

**Thursday 13th July** - Year 4/5 will host a concert in the playground at 2.30pm alongside Tenebrae to showcase all of their fantastic musical learning this year! Parents/Carers are invited to join us for this.

**Friday 14th July** - End of Year Reports will go home today.

**Monday 17th July** - Clifton Dance Show!!! Yes - the dance show is back and for the first time since 2019, Parents/Carers are able to join us for this celebration! It will be in the afternoon, times TBC.

**Wednesday 19th July** - Class Parties this afternoon!!! Donate party food and dress in your best party clothes! (No nuts please)

**Thursday 20th July** - THE.YEAR.6.WATERFIGHT.

**Friday 21st July** - Last day of term - School finishes at 1.30pm.



## Southall Area Athletics

A huge well done to all of the children from Year 3/4/5/6 who competed in the Southall Area Athletics Competition on Saturday 17th June!

It was a lovely family event and was so nice to see all of the children and families cheering on all of the Clifton athletes.

Although we didn't win any medals, we had lots of children through to the finals in some of the events, this included:

- Jabji 80m sprint
- Gurjot 80m sprint
- Anshveer 75m sprint

We also had children finish SO close in their individual events:

- Aaeysha and Masud both finished 4th in the 600m race
- Diya finished 2nd in the 600m race
- The Year 6 girls relay team made up of; Aliya, Jabji, Zaara & Diya finished 4th in their x4 75m relay.

A huge thank you to the staff who gave up their Saturday morning to come and organise and support the children; Miss Ellinas, Mrs Greenglass, Miss Corrigan & Miss Din. And of course a huge thank you the parents and other family members who made arrangements for their children to attend the event but who also stayed as long as possible and cheered on the Clifton Team.



We are already planning the best way to improve on our scores for next year, including heading to Three Bridges before the event to practice on their field.

*Clifton's Competition Intent:*

*Competition at Clifton supports children in being physically active through competing in a broad range of sports competitions and festivals which are inclusive, challenging and engaging. It inspires and motivates pupils to excel in Physical Education and School Sport for a lifetime.*

## Year 5/6 Football Final Fixture

A final farewell...

Round 3 of our Football League fixtures happened on 08/06/23 for our Year 5/6 football team.

The team started off well with a strong performance. In total, we played 8 matches and the team did well to keep going even when they were tired. A mixture of results, but our performance improved each time. Shout out to Amela for a great goal!



Special mention to Diya, Aheer, Douaa, Bhavleen, Aliya and Agam as they played their last ever football match for Clifton.

Miss Ellinas and the team are going to miss them so much.





## Year 5/6 Girl's Cricket Competition

The Year 5 and 6 girls cricket team played brilliantly during their tournament. After making lots of runs and taking a few wickets they made it to the quarter finals where their time in the competition unfortunately came to an end. Overall, it was a fantastic achievement for the girls to get that far and was a great day of cricket for all!



## 'Most Improved' Award

Salma has been awarded the 'Most Improved' award in our Timestable lesson this week as she has been dedicated to improving her times tables for the Statutory Year 4 Multiplication Test. Salma has increased her score massively due to the amount she has practiced at home and at school since January!

Miss Ellinas is super proud of you Salma, well done!



## Tulip's Movie Afternoon

Tulip had very good attendance and enjoyed a lovely afternoon eating popcorn and watching 'Encanto' to celebrate.

Well done Tulip class – keep up the good attendance!



## Den Building Club

Our busy Den Builders have enjoyed learning all about making safe and secure shelters. We learnt about how to keep us safe, how to protect us from the weather and next time we will look at how to make our structures more sturdy. We had so much fun in club this week!



## GOLD - Round 4

2022/2023 marks the 4th year in a row we have achieved the GOLD School Games Mark. This demonstrates our dedication to PE and Sport across the school for all children. Next year we are allowed to apply for Platinum, this is a really BIG DEAL! We will be completing a case study across the whole year to show our commitment.





## Year 2—History trip



This term, in History, Year 2 have been investigating how shops and green spaces in King Street have changed over the past 100 years.

To support this, Year 2 took a trip to the shops on King Street to compare pictures taken at the same spot 100 years ago. We attempted to take an updated photo from the same spot and talked about the things that had changed and also things that looked surprisingly similar!



After that we moved on to the Manor House Grounds on Southall Green and compared pictures from the 1920s to what we could see now. The children looked around carefully and shared some interesting observations- The Manor House itself is both similar and very different to the way that it looked in the 20s. We were also lucky enough to have parents from both Seacole and Nightingale class join us as volunteers to help keep the children safe, so a massive thank you to those who could come as field trips cannot happen without your support! Take a look at our comparison pictures and see if you can spot what has changed and what is still the same.

## Exciting Athletics!

Some of our year 4/5/6 children took part in an Athletics challenge at Three Bridges Primary School on 7/6/23. They competed against other schools and had to try their hardest to score as many points as possible. The day was filled with lots of fun sports activities such as long jumps, running race, ball games, bean bag throwing and a team relay! The sports event took place on the field outside with lots of smiles, laughter and cheering! They worked as a team to score as many points as they could and came fourth place! Well done to all children for taking part.



## Meet Luna!

Meet the newest member of Tulip class, Luna! She is a very cute Syrian hamster.

The children in Tulip class have been loving getting to know her. They have been very good pet owners so far and are doing a brilliant job at making sure they don't scare her. They always check that she has enough food and water and that her cage is clean.

Luna likes to sleep a lot in the day, but if Tulip class are very quiet, she sometimes pops out to say hello and have a quick snack. If she has had a lot of sleep in the day, she likes to come and play in the afternoon. Hamsters are nocturnal, but they actually only sleep for 6-8 hours a day and not all in one go, so there is plenty of time to play!

She likes: apple, cucumber, broccoli, sweetcorn, carrots, tomato and egg!  
Tulip class have learnt that hamsters are omnivores, which means she doesn't just eat plants.

They have also learnt that hamster's teeth never stop growing, a bit like our fingernails. She needs lots of wood to chew.

Luna has a hamster cage where she can hide, sleep and play for most of the day. She also has a play pen so Tulip class can watch her when she is in an energetic mood.

Delicious  
broccoli!





## International Day of Person's with a Disability

Every year we celebrate this day by inviting an inspirational athlete with a disability to school. This year we were visited by the star Bethany Wheeler who was introduced to wheelchair basketball at the end of 2014 in a taster session at her college. Bethany joined the GLL & Aspire London Titans in the summer of 2015. The 2019 U25 World Championships marked Bethany's first international appearance for the Southend local. However, she is no stranger to international competition having competed in Euro League 3 finals with her home team London Titans during the 2018/19 season.

Bethany cites her father as her biggest sporting influence and her U25 World Championship GB squad selection as the proudest moment of her sporting career to-date. With ambitions to one day represent her nation at a Paralympics, the Occupational Therapy student hopes that she too can help inspire children to find their own passions in life which is exactly what she did when she visited.





Bethany kicked off the day with an assembly where she told us all about her disability and what had caused her to be off her feet and in a wheelchair. Throughout the day, she led sports sessions with her co hosts Kuwarveer and Kuwarjeet – she could not have managed the day without these two superstar assistants! Back in class, children studied people with various disabilities such as ADHD, Dyslexia and ... here is a snap shot of some of their work.

To learn more about Bethany, click the link below:


<https://britishwheelchairbasketball.co.uk/athletes/bethany-wheeler/>





**Some of the work produced by Clifton children:**

Will Smith  
Amazing ADHD  
Awesome ★



Will Smith has ADHD stands for Attention Deficit Hyperactivity Disorder. It means they are fidgety but not on purpose. He's won 4 grammys and he's been in men in black and The Karate Kid. He also he is a actor and a comedian.

★ Cleoie ♥

Handwritten notes about **DYSLEXIA**. The word is written in large, colorful letters.

- They don't struggle it
- DYSLEXIA is NOT cured but a way of thinking and learning
- 7% of people have it
- It's a way of thinking and learning
- Makes it hard to work with language
- 5 and 10% of people have it
- they find it hard to read
- Disrupting speaking, writing, reading, spelling
- Dyslexia can also be called

**What is a disability?**  
A disability is something someone has different to everyone else. Some can be physical or mental though they should be treated like everyone else.

**I'M AS**

Visible:	Not visible:
<ul style="list-style-type: none"> <li>Autism</li> <li>Tourette Syndrome</li> <li>Cerebral Palsy</li> <li>Down syndrome</li> <li>Paralysis</li> </ul>	<ul style="list-style-type: none"> <li>Add</li> <li>Autism</li> <li>Cerebral Palsy</li> <li>Dyslexia</li> <li>Bipolar</li> </ul>

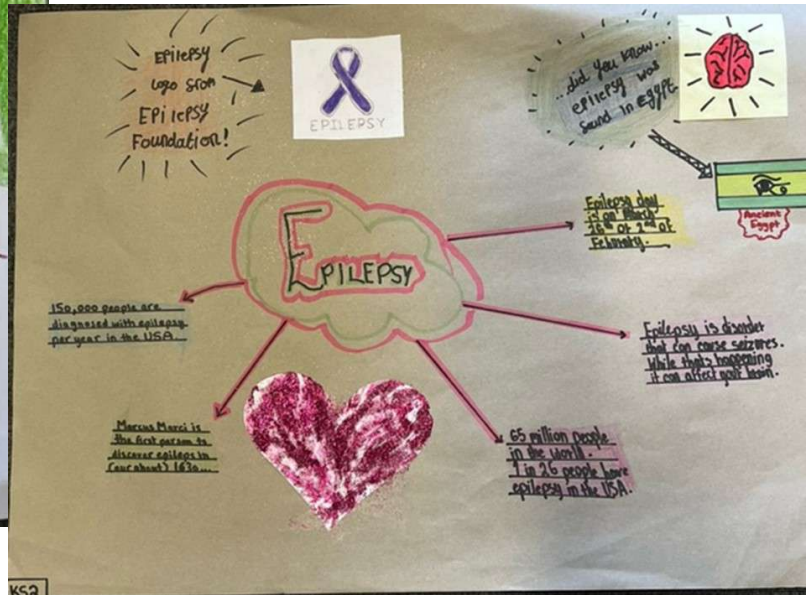
**ABLE AS YOU!**

Amisha Sarika

**I'M AS**

**DISABLED AS YOU**

**EPILEPSY**



- 150,000 people are diagnosed with epilepsy per year in the USA.
- 65 million people in the world. 1 in 26 people have epilepsy in the USA.
- Epilepsy is disorder that can cause seizures. While that's happening it can affect your brain.
- ...did you know... epilepsy was found in Egypt.
- Epilepsy was first described in 200 BC by Hippocrates.
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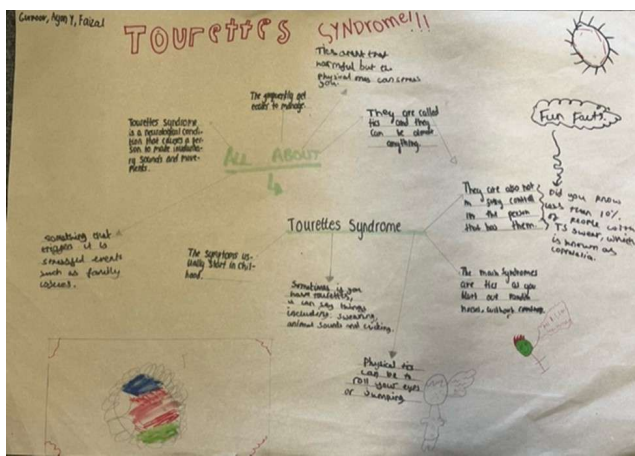
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**Simone Biles**

**ADHD**

**SIMON BILES**



- ADHD is attention deficit hyperactivity disorder
- Simone Biles is 26 years old
- Simone Biles is very famous gymnast



Subkhanif

**Invisible Disability Awareness**

ADHD is an invisible Disability that can affect lots of people!

ADHD affects everyone

ADHD is a neurobiological condition.

ADHD symptoms include:

- People with ADHD may have difficulty focusing on tasks.
- They may have trouble organizing and planning.
- They may have trouble following through on tasks.
- They may have trouble with time management.
- They may have trouble with social interactions.

ADHD can be diagnosed by a doctor. ADHD symptoms change over time, and they are different for everyone.

ADHD is a chronic condition that can affect people throughout their lives.

ADHD is a complex condition that can affect people in many ways.

ADHD is a neurobiological condition that affects the brain.

ADHD is a complex condition that can affect people in many ways.

ADHD is a neurobiological condition that affects the brain.


**Beth Wheeler**

Beth Wheeler had a disability when she was born. But she did not know about her disabilities. When Beth Wheeler 17 years old that's when she knew what her disability was. She was on a wheelchair since that happened.

**What she loved?**  
Beth Wheeler really loved basketball. Since year 7 Basketball and netball were her 2 favorite sports.

**What was her disability?**  
Her disability was her legs were not strong and her body was not strong.

**Picture**  
Beth sitting on her wheelchair.



**Did you know?**  
Is Beth still? She would use her arms to pick her stuff up.

Beth is determined to do basket ball. She never gives up on basketball though she is on a wheelchair. She is a hero!

**All About Down's Syndrome**

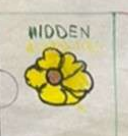
**What does down syndrome do?**  
It slows down a child's mental and physical development, as well as an increased risk for health problems. Also a natural form for having an extra copy of chromosome 21.

**Who does down syndrome affect?**  
It affects people in all races and economic levels.

**How can you help people with down syndrome?**  
1) Don't talk down to people with down syndrome - treat them like anyone their age.  
2) Don't just talk to talk to people with down syndrome!  
3) Don't use offensive language.

**How Syndrome occur?**  
Babies

**Hidden**



Tommy Topop  
Toy Beally



# DISABILITIES

## What are disabilities?

Disabilities are something that prevents someone from using their body in the usual way.

### Down-syndrome

It is when you have an extra chromosome which affects how you think, act and play.

### DYSLEXIA

Dyslexia is a learning difficulty that affects the skills involved in accurate and fluent word reading and spelling.

### ADHD

ADHD is when you can't focus on something for a long period of time.





# HALL OF FAME

June



Place	Name	Class	Current Speed	Rock Status
1	Mohammed	Mandela	0.29	Rock Hero
2	Gurnoor	Curie	0.49	Rock Hero
2	Viyan	Darwin	0.49	Rock Hero
3	Harmanpreet	Mandela	0.53	Rock Hero
3	Ismail	Mandela	0.53	Rock Hero
4	Zaid	Darwin	0.54	Rock Hero
5	Ranveer	Curie	0.55	Rock Hero
6	Masud	Mandela	0.58	Rock Hero
7	Harnoor	Curie	0.62	Rock Hero
8	Rajbir	Darwin	0.63	Rock Hero
9	Uzair	Mandela	0.64	Rock Hero
10	Yasin	Hawking	0.66	Rock Hero



Times tables Rock Stars is available for all pupils from Years 1-6 online via [trockstars.com/login](http://trockstars.com/login) or you can download the app onto your phones and tablets.

The children can access all the games and work their way up from a Wannabe to a fully-fledged ROCK STAR with all best equipment!

This is the best way for your children to learn and practise their times tables so please encourage your children to use it at home.



## June Attendance Winners

Every month we will be announcing the class who has had the best attendance over the last four weeks. At the end of a half and full term, the class who has achieved first place the most in their Key Stage will be rewarded with a prize!



### Key Stage One

Congratulations to **Nightingale** class

### Key Stage Two

Congratulations to **Curie** class

Our whole school attendance (exc Nursery) is currently **93.43%**. Our current target is **95.7%**, this means we are currently below our target. Please keep sending your children to school everyday so we can reach our target!

<b>GOLD AWARD</b> 	<b>Nightingale</b> <b>(YEAR 2)</b> <b>93.9%</b>	<b>GOLD AWARD</b> 	<b>Curie</b> <b>(YEAR 4)</b> <b>95%</b>
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Let's aim even higher and give our pupils the best opportunity to achieve their full potential.

# Joyful June Calendar

Here is the Joyful June calendar from Action for Happiness. Each day has a short activity or reflection to help boost your wellbeing this month!

Joyful June 2023

MONDAY

TUESDAY


WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

SUNDAY







5

Think of 3 things you're grateful for and write them down

6

Get out into green space and feel the joy that nature brings

7

Do something healthy which makes you feel good

8

Find joy in music: sing, play, dance, listen or share

9

Ask a friend what made them happy recently

10

Bring joy to others by doing something kind for them

11

Eat good food that makes you happy and really savour it

12

Write a gratitude letter to thank someone

13

Take a light-hearted approach. Choose to see the funny side

14

Share a happy memory with someone who means a lot to you

15

Look for something to be thankful for where you least expect it

16

Speak to others in a warm and friendly way

17

Take time to notice things that you find beautiful

18

Look for something good in a difficult situation

19

Get outside and find the joy in being active

20

Rediscover and enjoy a fun childhood activity

21

Send a positive note to a friend who needs encouragement

22

Watch something funny and enjoy how it feels to laugh

23

Create a playlist of uplifting songs to listen to

24

Bring to mind a favourite memory you feel grateful for

25

Show your appreciation to people who are helping others

26

Make time to do something playful, just for the fun of it

27

Be kind to you. Do something that brings you joy

28


Notice how positive emotions are contagious between people


29


Share a friendly smile with people you see today

30

Make a list of the joys in your life (and keep adding to it)







ACTION FOR HAPPINESS

Happier · Kinder · Together





## DESMOND'S DIARY

Dear Diary,

What lovely weather we have had lately! I can not call down like you humans as I do not sweat so I have been exceptionally hot. The heat makes me super sleepy and stops me from feeling very hungry. As you all know, I am very fussy with my food anyway so as I am over hot, I just stop eating all together which I know really worries my human mum—Miss Corrigan. I am now on a brand new diet which Miss Smith introduced me to, it is raw meat. It is absolutely delicious!

My school routine has started to become like second nature to me now and you might have seen me and my new friend Cameron on the gate each morning. He comes in to check on me each day and make sure I have some cold water, especially in this heat. I really hope you have all been drinking lots of water. Then I get visited by two of my year 6 friends who make sure I eat my breakfast... yummy raw meat!





I saw there were a group of children working with Miss Emma so I wanted to find out more about what they were doing. They are going to be working with Miss Emma and Miss Toni every week, learning about their feelings.

When I joined in the session, they all got distracted and just wanted to play with me! I didn't mind, I thought it was great. At the end of the session, everyone took it turns to hold me which was great for me as I am still learning about children and I am still getting used to how you all smell.



Some of you have been wondering I go during the day... I have a new hiding spot. Can you guess where this is? I'll give you some clues:

- It is under something
- It is very close to the biggest pile of teddies I have ever seen
- It is next to a window

Let's see who finds me first!



In my final photograph of the week, you will see me getting totally spoiled by Miss Smith. When my human mum went away, I went for a sleepover at Miss Smith's and Miss Elena's house. They took such good care of me and even took me to a fancy coffee shop.

I was very surprised to bump into Ezeikiel but it was so nice to see a friend outside of school :)

**You will now see me at the gates before and after school. I am feeling a little braver so I am trying to be outside with you all even when it is busy.**

**Please remember how big you are compared to me so avoid running at me or shouting my name as it makes me jump!**

**I will update you in the next newsletter about all of my next adventures.**

**Lots of cuddles,  
Desmond Bear**





## Important Reminders and Messages

### Appointments during the school day:

To avoid disrupting your child's education, you should arrange non-urgent appointments after school hours, at weekends and during school holidays.

### School Office Timings

Please only visit school office between 8.30am - 10am and 2.30pm -4pm (Monday to Friday) Outside of these hours, please call 0208 5745712. Thank you.

### Nursery 2023/24

We have a few part-time Nursery spaces left for September 2023. If your child is 3 or is due to turn 3 by September, please contact the school to reserve your child's place.

### Greet your child with a smile not a mobile

We respectfully request when collecting/dropping off your child at school, please **DO NOT USE YOUR MOBILE PHONE**. It is important to greet your child and encourage them to get into a conversation about all the fun things they have done that day.



#### **GDPR (General Data Protection Regulations)**

If you would like to learn more about how we collect, use and store your data please have a look on our GDPR page <https://www.cliftonprimaryschool.com/general-data-protection-regulation/>

# Special Educational Needs Information

## About the Local Offer

The name 'Local Offer' is used to describe all the services and provision available to children and young people aged 0-25, and families 'locally' who are living with Special Educational Needs and Disability (SEND).

The Local Offer website is a resource to help you understand what is available and how to access services and support.

### Ealing's Local Offer includes:

- Early years and childcare
- Links to SEND provision within all schools
- Education, Health & Care (EHC) Assessment & Plan information
- Health and wellbeing
- Specific conditions
- Short breaks
- Money and benefits
- Housing adaptations
- Travel assistance
- Preparing for Adulthood (inc. housing, employment, support)
- SEN Support for Education

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=9RSLmWI34g0&localofferchannelnew=0>

Are you concerned about your child's learning? If so please make an appointment to meet their class teacher to discuss what additional support can be put in place. For some children, they have additional Special Educational Needs which may mean they need teaching to be adapted.

They may need some support from professionals such as Occupational Therapists or Speech and Language Therapists which we can help you with. We have an extensive Inclusion Team at Clifton which is lead by Miss Corrigan.

Please take a look at our Inclusion page to find out more:

<https://www.cliftonprimaryschool.com/inclusion/>







## April—July 2023 Group Sessions

### Contact Ealing Walk & Talks

*(Walking & talking together with other parents, as well as Contact Ealing staff & volunteers)*

**Thursday 27th April – Walk & Talk** for parents and carers of children with SEND, **Perivale Wood, 10.30am start**, meeting point Perivale Tube Station at 10.15am



Perivale Wood is a nature reserve, **NO DOGS PLEASE on this walk.**

*If the teacher strike is going ahead on this day, you are very welcome to bring your children!*

Please book to attend via this link: <https://forms.office.com/e/8EUw0BegtU>

**Monday 15th May — Walk & Talk** for parents and carers of children with SEND, **Osterley Park, 10.30am start, meeting point at Jersey Road entrance**

Please book to attend via this link: <https://forms.office.com/e/FGUcTQKYY8>



**Wednesday 14th June — Walk & Talk** for parents and carers of children with SEND, **Walpole Park, 10.30am start, meeting point at playground**

Please book via this link: <https://forms.office.com/e/YbfW03SkbW>

**Thursday 13th July — Walk & Talk** for parents and carers of children with SEND, **Blondin Park, 10.30am start, meeting point at Blondin Avenue entrance**

Please book to attend via this link: <https://forms.office.com/e/1AueprFcff>

*Our Walk & Talks are supported by Kathryn Rocha, our Volunteer Clinical Psychologist who offers parents the chance to have an informal catch up about a particular question or issue they would like advice on.*

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# Community Wellbeing Café



The Wellbeing Café is a social initiative to meet the needs of the Community, supported and run by ParentingU. Open on the last Friday of each month, our aim is to create a sense of community awareness and support, while also offering opportunities to meet new people and services.

## Where?

Hanwell Community Library  
(Address: Cherington Rd, London W7 3HL, United Kingdom)

## What Time?

Between 10:30 am to 12:30 pm

## What Happens?

- You will have an opportunity to find out what we offer around parenting & family relationships.

- A chance to try homemade refreshments, teas & coffees from around the world in a safe space.
- Whatever the reason, come along to the Wellbeing Café just to have a talk!

## When?

24th February	14th July
31st March	29th September
28th April	20th October
26th May	24th November
30th June	8th December

## Positive impacts a Community Wellbeing Café can bring!

Reduces social isolation, promotes inclusivity, creates awareness and a sense of belonging.



For more details, please contact to [parentdata@parentingu.co.uk](mailto:parentdata@parentingu.co.uk)



## About Programme

The Nurturing programme is based upon the psychoeducational and cognitive-behavioural approaches to learning and focuses on 're-parenting,' or helping parents to learn new patterns of parenting to replace their existing, learned, abusive patterns. By completing questionnaires and participating in discussion, role-play, and audiovisual exercises, participants learn how to nurture themselves as individuals and in turn build their nurturing family and parenting skills. It also covers guidance for children who have additional needs.



[www.parentingu.co.uk](http://www.parentingu.co.uk)

**FREE FOR  
EALING  
RESIDENTS**

## The 7-week Nurturing Programme for parents and carers

### Where:

Grove House Nursery School and Children's Centre [Address: 77A North Rd., Southall UB1 2JL, United Kingdom]

### When:

Every Wednesday for 7 weeks  
Starting: May 10, 2023  
Ending: June 28, 2023  
Time: 10:00 am to 12:00 pm

**EDUCATING AND  
DEVELOPING  
AWARENESS TO  
COMMUNITIES**



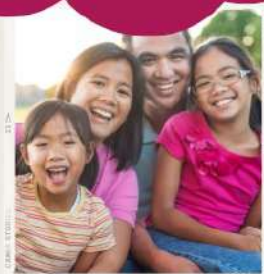
## PARENTING CHILDREN WITH ADDITIONAL NEEDS



- The aim of this 7-week programme is to engage communities from different cultural backgrounds who have little or no experience in understanding what additional needs is and how this affects family life.
- To provide knowledge of their child's needs and understand their development milestones and the effects
- To educating them around the challenges they face with SEN child, implementing new ways of working with resources and services that can support them.

## What does it cover?

- Praise & Criticism
- Family Rules, Rewards and penalties
- Empathy
- Issues around keeping safe
- Ages and Stages in children's development
- Feelings and what we do with them, Communicating Clearly: Using I statements
- Personal Power, Choices & Consequences
- Kinds of Touch, Nurturing Ourselves
- Behaviour to ignore, Problem-solving and Negotiating
- Looking at our own culture, identity, and beliefs (this is a powerful tool in linking safeguarding SEN children)



## How to register?

To book a place, contact Parentingu Services on 020 8930 1081 or 07813 607006 or E-mail [parentdata@parentingu.co.uk](mailto:parentdata@parentingu.co.uk)



EALING  
PARENTING  
SERVICE

# PARENTING WORKSHOPS

TUESDAY

14

MARCH

## Taking to Children & Young People about Gender & Sexuality

This workshop will offer parents and carers the opportunity to better understand the differences between sex, gender and sexual orientation, offer tips on how to talk to young people who are exploring their own identity and discuss the importance of allies for the LGBTQIA+ community. There will also be a chance to have questions answered in a confidential space

TUESDAY

9

MAY

## Transitioning to Secondary School

This workshop is targeted to parents/carers of Year 6 students, and aims to identify potential worries associated with starting at a new school. We will offer tips on how to talk to children about their concerns and expectations, and look at potential solutions and strategies for looking after their emotional wellbeing

TUESDAY

23

MAY

## Helping Children Cope with Separation & Divorce

When a family breaks up, it is hard for everyone, but this is a reality many children face. In this workshop, we look at practical steps parents/carers can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up

TUESDAY

13

JUNE

## Reducing the Impact of Parental Conflict on Children - Part 1

Conflicts are regular occurrence in life, however, intense conflict between parents can have a negative impact on children. This workshop explores types of conflict, causes of conflicts in families, the impact on children and practical steps that parents could take to reduce conflict and the impact of conflict on their children

TUESDAY

22

JUNE

## Reducing the Impact of Parental Conflict on Children - Part 2

The second part of this workshop gives parents/carers a chance to reflect of the knowledge they gained in part 1, and to discuss any of the techniques that they were able to put into practice. There is also the chance to have any outstanding questions answered

TUESDAY

4

JULY

## Domestic Abuse and the Impact on Children and Young People

This workshop will support parents/cares to develop an understanding of how to recognise the impact/effects of domestic abuse on children & young people, and offers an insight into how domestic abuse can have an impact on parenting ability. We offer information on local support available, and the space ask questions in confidence

TUESDAY

11

JULY

## Tips on Reducing Parental Conflict

This session is designed for parents/carers who are experiencing conflict in daily life, and is suitable for people who are still in a relationship, as well as those who are separated. We offer the opportunity to gain awareness on the impact of conflict on children & young people, and to learn practical strategies to manage emotions

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more information



IMPACT Theatre & Outreach Network

# COMING SOON 2023

Join us at;

The Film Launch for IMPACTS 'The Journey'  
Celebrating Learning Disability Week

@ Telfer Room, Ealing Town Hall. W5 5JY  
Wednesday 21st June 11-2pm

FREE



## 'The Gallery' A Live production!



Tuesday 11th July - 1pm  
Wednesday 12th July - 3pm  
Thursday 13th July - 7pm  
Friday 14th July - 7pm

For tickets visit our website or scan the QR code



## RED ROPE The Immersive Experience



Monday 24th July 2pm  
Tuesday 25th July 11am & 2pm  
Wednesday 26th July 11am & 2pm  
Thursday 27th July 11am  
Friday 28th July 11am & 2pm

For tickets visit our website or scan the QR code



## RED ROPE @ The Southbank Centre

The Immersive Experience

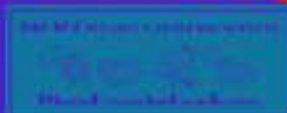


Saturday 12th August  
Sunday 13th August

FREE

See RED ROPE within in the Clore Ballroom  
and join us for a Coral Wrokshop

SOUTHBANK  
CENTRE



[www.impacttheatre.co](http://www.impacttheatre.co)



## Help us raise much needed funds to support emotional wellbeing in our school!

**Join the Thames Path Challenge - 9<sup>th</sup>/10<sup>th</sup> September 2023**

The Schools Counselling Partnership (SCP) are looking for people to join a team for this year's Thames Path Challenge 2023.

As I am sure you are aware the pressure on mental health services is huge with waiting lists for CAMHS (Child and Adolescent Mental Health Service) reaching 18-24 months and adult mental health services equally stretched.

The Schools Counselling Partnership offers therapeutic support for our whole school community - children, young people, parents, carers and teaching staff. They work in our school along with 45 other schools across London, predominantly in Ealing and Harrow.

With rising costs and no real terms increase in school budgets some very difficult decisions are having to be made about what we pay for and this may jeopardise future service provision. Schools Counselling Partnership are trying to raise fund to ensure this much needed provision remains in our school.

Evidence shows that exercise, connection to others and giving back hugely improves your overall wellbeing and combats anxiety and stress. Participating in an event like the Thames Path Challenge ticks many of these boxes.

This year's event takes place on Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> September starting at Fulham Palace you can choose to walk, jog or run 25km (to Hampton Court), 50km to Runnymede or the full 100km to Henley.

### **Why not set yourself a challenge and take part!**

In return for your participation and fundraising efforts on their behalf **SCP will pay your registration fees** which include refreshments throughout the day, your t-shirts/bib for the day.

If you would like to join them please contact Toni Medcalf, Schools Counselling Partnership, [info@schoolscounsellingpartnership.co.uk](mailto:info@schoolscounsellingpartnership.co.uk). Full details for the event can be found at [Thames Path Challenge - Ultra Challenge](#)



f @BOOMSPORTSUK



# SUMMER CAMP

MONDAY 24TH JULY - FRIDAY 13TH AUGUST

- \* AGES 4-11
- \* EXTENDED HOURS
- \* MULTI-SPORTS
- \* OFSTED COMPLIANT
- \* SIBLING DISCOUNT



OUR LADY OF THE VISITATION  
CATHOLIC PRIMARY SCHOOL,  
GREENFORD, UB6 9AN

8.30AM TO 3.30PM - £30

8.30AM TO 5.30PM - £40

WWW.BOOMSPORTS.CO.UK/HOLIDAY-CAMPS - 020-8226-5450 - INFO@BOOMSPORTS.CO.UK

## Cadenza

'Cadenza' is Ealing Music Service's well established music centre in the heart of Ealing. Now with 17 ensembles and classes catering to over 150 pupils from Ealing and beyond, and with manageable monthly rehearsals, Cadenza is the chosen music centre for many young musicians in West London.



Cadenza prides itself on being a friendly, supportive and relaxed setting where young people come to learn and make high quality music with professional teachers and conductors. We are proud to provide a wide variety of excellent ensembles and look forward to welcoming you for the year 23/24.



Our ensembles rehearse monthly on a Saturday at Grange Primary School, Ealing. The centre opens at 9:00am and our ensembles and classes run from 9:30am throughout the day until our last rehearsal finishes at 5:30pm.

If your child plays a musical instrument, loves to sing, would benefit from music theory classes then Cadenza is the place for them to expand their musical skills, meet friends for life and get involved in our numerous ensembles, choirs and performance opportunities. To check out what fantastic opportunities we have available, head to our website...

[www.ealingmusicservice.com/cadenza](http://www.ealingmusicservice.com/cadenza)



# Know where to get the right help

NHS

There are lots of NHS services that can help you.



Knowing where to go, and when, can help you get the right care when you need it.

## Pharmacy



Local pharmacists are **qualified healthcare professionals**. They can help you with minor health concerns and illnesses including coughs, colds, upset stomachs and skin/eye infections. They can also give some vaccinations and help with medications.

They can be found on most high streets and are a quick and convenient way to get medical advice. They will see you face to face and provide confidential help on the same day, with **no appointment needed**.

## GP/doctor services

local GP practice



Your local GP practice can help with a wide range of general health problems, injuries and illnesses that are not life threatening.

Who you see at your appointment depends on the help you need. There are lots of different people who can help including a doctor, nurse, pharmacists, physiotherapist and many other trained health professionals.

**They might see you over the phone, online or in-person.**

You will need to be registered before you can book an appointment. To register with a GP practice you do not need proof of address, immigration status, ID or an NHS number. Find a GP practice near you at: [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)

## GP help

evenings and weekends

**Call your GP practice as normal.** The practice answer phone will provide details of where you can get local out of hours appointments. You can also use the **online consultation form** on the practice website if your need is not urgent.

## NHS 111



NHS 111 helps people get the right advice and treatment when they urgently need it. 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed.

Doctors, nurses, paramedics and other fully-trained advisors are available 24/7, and can get you the help you need by:

- finding out what local service can help you;
- connecting you to a nurse, emergency dentist, pharmacist or GP
- getting you an appointment if you need one
- telling you how to get any medicine you may need or give self-care advice.

You can contact NHS 111 all day, every day. Visit [111.nhs.uk](http://111.nhs.uk) or call 111.



## Mental health services



The NHS provides a range of talking therapies for people who feel anxious, worried, down, or depressed. If you need help **you can refer yourself**, you don't need to go to your GP first. To refer your-self and find more information visit: [www.nhstalk2us.org](http://www.nhstalk2us.org)

### Mental health services for people in crisis:

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from trained mental health advisers and clinicians **all day every day**:

Ealing, Hounslow, Hammersmith and Fulham	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster	0800 0234 650

## 999 or A&E



If you, or someone you know, are experiencing a life-threatening medical emergency you should **call 999 or attend an A&E immediately**.

### For adults:

- signs of a heart attack - chest pain, pressure, heaviness, tightness or squeezing across the chest
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden confusion (delirium) - cannot be sure of own name or age
- suicide attempt - by taking something or self-harming
- severe difficulty breathing - not being able to get words out, choking or gasping
- choking on liquids or solids
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- sudden, rapid swelling of the lips, mouth, throat or tongue.

### For children:

- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- choking on liquids or solids
- difficulty breathing - making grunting noises or sucking their stomach in under their ribcage
- unable to stay awake - cannot keep their eyes open for more than a few seconds
- blue, grey, pale or blotchy skin, tongue or lips - on brown or black skin, grey or blue palms or soles of the feet
- limp and floppy - their head falls to the side, backwards or forwards
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden rapid swelling of the lips, mouth, throat or tongue
- sudden confusion - agitation, odd behaviour or non-stop crying.

## **Attendance and Punctuality**

Good school attendance is one of the main factors in determining your child's future and opportunities in life.

It is important that your child develops good attendance habits from the beginning of primary school. In Ealing we know that children who have below average attendance at primary school:

- do less well in SATS and GCSE exams
- can have difficulty in making and keeping reliable friends
- may have difficulties with school work
- can develop behavioural problems in and out of school

**Ealing Local Education Authority aims for all pupils to attend at least 95% of the school year.**

**If you are a parent, it is your responsibility to:**

- avoid unnecessary absences such as treats for birthdays etc
- arrange medical/dental appointments for after school (if this is not possible, avoid keeping your child off school for the whole day)
- inform the school on the first morning if your child is ill
- if you think something is wrong eg your child complains of feeling ill frequently, or bullying, contact the teacher to discuss your concerns

**How you can help:**

- set up good evening and morning routines so that your child arrives alert and ready to learn
- make sure your child arrives on time - late arrivals are disruptive
- take an active interest in your child's school and homework
- attend parent and curriculum evenings

**Pupil leave of absence from school:**

- Only a person authorised by the Governing Body of the school, usually the Headteacher or other specifically delegated staff may grant leave of absence.
- Tickets should not be booked prior to agreement of the school.
- Leave which is taken because of the availability of cheaper fares or other costs are not regarded as exceptional circumstances.
- Claims of illness as a reason for a delayed return, particularly after normal school holidays will not be considered unless accompanied by travel tickets dated before the school opens or other agreed dates. Medical documentation from abroad will not normally be accepted unless accompanied by travel documents indicating travel dates prior to school reopening.
- Parents are warned that if they take their child out of school without permission the Local Education Authority has the power to issue Fixed-Penalty Notices in respect of unauthorised absences. Penalty notices can be issued to each parent and for each child. The Penalty is £120 payable within 28 days, but reducing to £60 if paid within 21 days.



## Coming Up at Clifton...

Keep these dates in your diary!

<b>Date</b>	<b>Event</b>
26/6/23	Y1 Pitzhanger Trip
27/6/23	Year 5/6 Athletics Competition
27/6/23	Rowling Class Local Visit Trip
30/6/23	Move Up Day Year 6s going to an Ealing High School will be visiting their school today too.
3/7/23 - 14/7/23	Year 6 Swimming Lessons
4/7/23	Attenborough Class Step into Dance Trip
11/07/23	London Eye Trip - Curie Class
13/7/23	Year 4/5 Tenebrae Sharing Assembly - 2.30pm
14/7/23	End of Year Reports go home
17/7/23	Clifton Dance Show - time TBC (will be afternoon)
8/7/23	Last Day of Term for Nursery Only
19/7/23	Class Parties
21/7/23	Last Day of Term - School Finishes at 1.30pm

The last day of term is Friday 21st July. School will finish at 1.30pm. We will not be authorising any holidays for families who wish to take their children out of school before this date.

# **Term Dates 2023-2024**

## **Autumn Term 2023**

Monday 4<sup>th</sup> September – INSET Day (School closed to pupils)

Tuesday 5<sup>th</sup> September – INSET Day (School closed to pupils)

Wednesday 6<sup>th</sup> September – Pupils Return to School

Monday 23<sup>rd</sup> October to Friday 27<sup>th</sup> October – Half Term

Monday 30<sup>th</sup> October – Pupils Return to School

Friday 15<sup>th</sup> December – Last Day of Term

Monday 18<sup>th</sup> December – Friday 5<sup>th</sup> January – Christmas Holidays

Monday 18<sup>th</sup> December – INSET Day (School closed to pupils)

Tuesday 19<sup>th</sup> December – INSET Day (School closed to pupils)

Wednesday 20<sup>th</sup> December - Occasional Day (School Closed)

Thursday 21<sup>st</sup> December - Occasional Day (School Closed)

## **Spring Term 2024**

Monday 8<sup>th</sup> January – Pupils Return to School

Monday 12<sup>th</sup> February - Friday 16<sup>th</sup> February – Half Term

Monday 19<sup>th</sup> February – INSET Day (School closed to pupils)

Thursday 28<sup>th</sup> March – Last Day of Term

Friday 29<sup>th</sup> March - Friday 12<sup>th</sup> April – Easter Holidays

## **Summer Term 2024**

Monday 15<sup>th</sup> April – Pupils Return to School

Monday 6<sup>th</sup> May – Bank Holiday (School Closed)

Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May – Half Term

Monday 3<sup>rd</sup> June – Pupils Return to School

Friday 26<sup>th</sup> July – Last Day of Term

Monday 29<sup>th</sup> July – Occasional Day (School Closed)